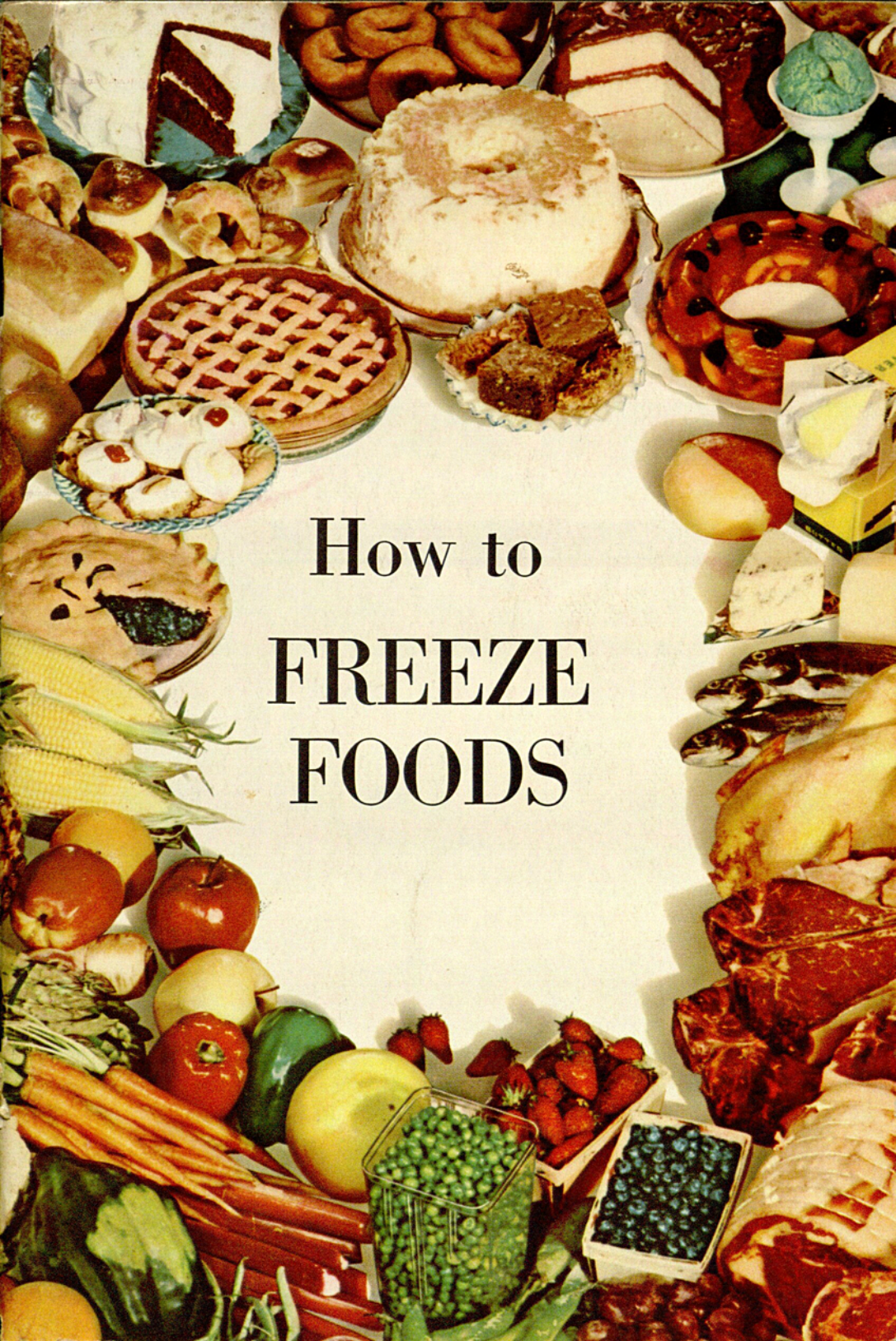


How to FREEZE FOODS

Now-all the goodness of good food is yours!

Fresh-frozen foods mean better flavor, more nutrition plus a world of new ease in preparing and serving meals for your family. Your freezer can become many things to you—a reliable guardian for fresh produce, meats and ready-cooked meals, a storage locker for commercially frozen foods, a handy supply depot for children's frozen treats. And it's available 24 hours every day.

Please read carefully the maintenance instructions that came with your freezer . . . and the suggestions and directions given in this book. Every word is planned to make "freezer living" a day-to-day, year-to-year pleasure for you!

Written under direction of James D. Winter, M.S. Associate Professor of Horticulture; in charge of the frozen food research in the Department of Horticulture, Minnesota Agricultural Experiment Station, University Farm, St. Paul. Professor Winter is one of the nation's foremost experts on food freezing. His many years of training and practical experience in frozen food research are backed by a keen personal interest in the subject. A great deal of his time outside working hours is spent on experimenting with frozen foods as a hobby.

How to use your freezer for full Convenience, Efficiency, Economy

▶ **Have a plan.** To make the best use of your freezer's space, decide what you actually want to freeze, based on your family's requirements. Keep in mind ages, likes, dislikes . . . how often you serve various foods. Then freeze foods in proportion to your family's needs—and freeze these foods in meal-sized quantities.

▶ **Arrange food for easy removal.** Store foods so that packages to be used first are most handy; stack all packages of one kind of food together.

▶ **Labeling and inventory.** Every package should be labeled and dated. You'll find an inventory helpful in avoiding shortages and in meal planning, although not many persons keep a careful record of foods put into the freezer and those taken out. An orderly arrangement of the foods is very desirable, and helps one to keep track of supplies on hand.

YOU'LL NEED A MINIMUM NUMBER OF UTENSILS

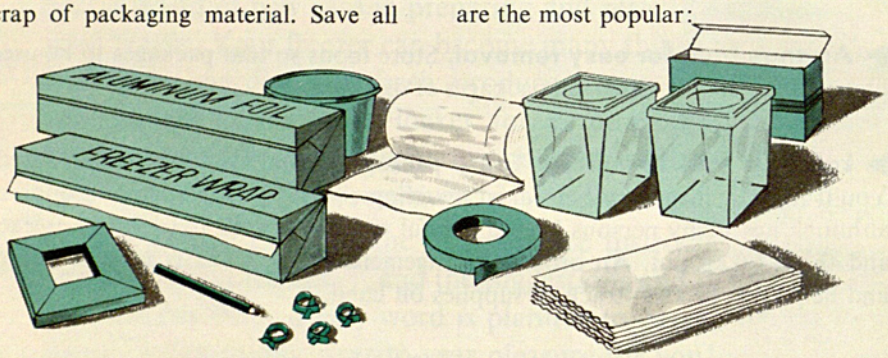
In fact, you probably have everything you'll need in your kitchen right now:

- **Large kettle** with tight-fitting lid. (The deep well cooker in your range, pressure cooker or electric roaster are suitable, too.)
- **Fine mesh wire basket,** or metal colander with small perforations.
- **Soft dish towels** or roll of absorbent paper toweling.
- **Large tray** or utility pan.
- **Sharp knives,** stainless for fruits, vegetables.
- **Measuring cups** and spoons.
- **Freezer marking pencil.**
- **Household scales.**

Avoid utensils that allow food to come in contact with copper (copper destroys Vitamin C); and *do not use* galvanized or cadmium-plated containers for acid foods and juices because of the danger of zinc poisoning. The only additional equipment you'll need is proper packaging materials.

USE ONLY PACKAGING MATERIALS DESIGNED FOR FREEZER USE

Use freezer foil for fish and ground pork kept over 90 days. Foil, and plastic bags, are excellent for poultry. Personal preference, cost and the food being frozen will help you decide which containers to use. You needn't waste a scrap of packaging material. Save all odd pieces of foil, plastic film, etc., and use to separate steaks or chops, for padding sharp bones to prevent puncturing of outer wrap, to keep fruits submerged in their syrup solution to prevent darkening of top slices. These are the most popular:



- **Freezer Foil.** Especially good for ground meats, and odd-shaped packages.
- **Freezer Papers.** Laminated types recommended. Wax-coated types satisfactory for storage up to 60 days.
- **Rigid Containers.** Square, rectangular, round, and tub-shaped. For moist or dry foods.
- **Fold-up Cartons.** Wax or plastic lined, some with liner bags. For foods packed with little or no liquid.
- **Bags.** Especially useful for vegetables. After freezing, transparent types pack nicely into large paper bags for storage.
- **Glass Freezer Jars.** For moist foods, leftover soups, stews. Leave head space as marked on container, or as shown on page 14.
- **Freezer Tape.** To seal wrapped packages. Use only locker tape or other cold-packaging tape.
- **Wire Bag Closures.** For plastic bags. Twist to tie.

In addition to the above, you'll find that coffee, potato chip and shortening cans are handy for storing corn-on-cob, whole asparagus, cookies, etc.

You can increase by one-third the amount of food your freezer will hold by using, whenever feasible, square or rectangular containers. Each cubic foot of freezer space will hold 40 pints when the containers are square or rectangular . . . 27-30 pints if the containers are waxed, cylindrical cartons . . . and 25 pints if you use glass freezer jars. You can figure that a pint container will hold 3-4 servings of vegetables or 4-5 servings of fruit.

SET YOUR FREEZER AT PROPER TEMPERATURE

▶ **FOR STORAGE.** A low temperature is essential. Subzero temperatures from -5° to -10°F. are preferred for home storage, especially for pork, seafoods, and some pre-cooked foods. Temperatures above 0°F. drastically reduce storage time and hasten vitamin, color, and flavor losses.

▶ **FOR FREEZING.** When only a few packages are being frozen, there is no need to adjust the cold control. Large quantities require a colder setting. Turn the cold control to its lowest point 24 hours before unfrozen food is placed in the freezer; turn it back to storage temperature 24 hours later.

QUANTITIES YOUR FREEZER WILL FREEZE IN ONE DAY

There is a limit to the amount of fresh food your freezer will handle in any one day, because the *food should be cooled rapidly* to freezing temperature. When freezing, keep space between packages so air can circulate between them. Depending on its size, your freezer will effectively freeze the following amounts:

FREEZER SIZE	MAXIMUM QUANTITY OF FRESH FOOD PER DAY
10 cu. ft.	30-35 pounds
15 cu. ft.	45-55 pounds
20 cu. ft.	60-75 pounds

If yours is a chest freezer, place unfrozen food close to the outer walls of the freezing compartment; on upright models, place packages on shelves so each rests on a cooling surface. Leave food in this position 24 hours; then rearrange as desired.

FOLLOW THESE SUGGESTIONS TO OBTAIN TOP QUALITY

▶ Buy only foods that are of the same fine quality as those you would put on your table tonight. Nothing is more important than initial freshness and quality. Low storage temperature is equally important.

▶ Purchase vegetables direct from the grower, if you do not have your own garden. Those held overnight after picking often have lost much of their quality for freezing and storage. Initial freshness is very important for seafoods and pork. See recommendations under the various foods.

▶ If you're in doubt as to which kind or variety of fruit and vegetables will freeze best, contact your state agricultural college, your county agent or home agent—all of whom will give you full information.

▶ Use good packaging materials and methods. Shape packages so that the least possible surface area is exposed, and make a close, tight wrap. Any frozen liquid, such as sugar syrup or gravy, protects surface areas from undesirable oxidation.

AVOID REFREEZING

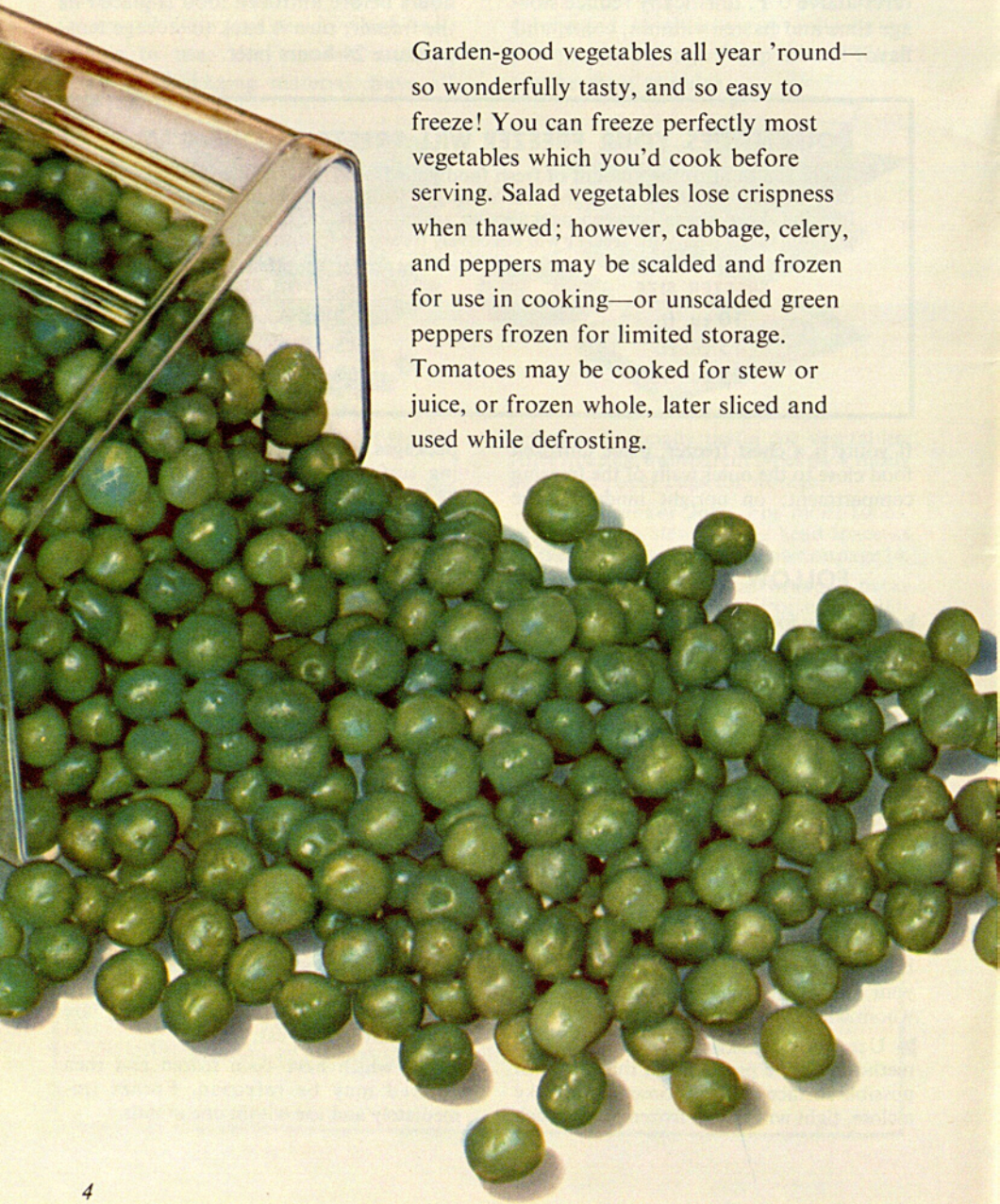
From the quality standpoint, refreezing is seldom recommended. You can (in an emergency) refreeze foods if they still contain some ice crystals (under 40° surface temperature), indicating that only the surface has thawed; but use these items first. Bread, rolls, and cookies may be refrozen. To refreeze, separate packages.

From the safety standpoint, *never* attempt to refreeze non-acid vegetables, shell fish, eggs, stuffed poultry, or pre-cooked and prepared foods. They spoil rapidly and it is difficult to tell whether or not they are completely safe to eat.

Meats which have been frozen and then cooked may be refrozen. Freeze immediately and use within one month.

Your own fresh frozen

VEGETABLES



Garden-good vegetables all year 'round—so wonderfully tasty, and so easy to freeze! You can freeze perfectly most vegetables which you'd cook before serving. Salad vegetables lose crispness when thawed; however, cabbage, celery, and peppers may be scalded and frozen for use in cooking—or unscalded green peppers frozen for limited storage. Tomatoes may be cooked for stew or juice, or frozen whole, later sliced and used while defrosting.

Prepare vegetables for freezing just as you would for the table

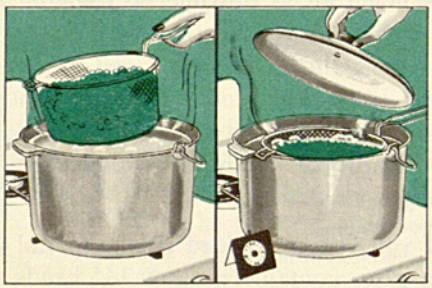
Wash thoroughly in cold running water; discard imperfect and overripe ones. Sort or grade, according to size, so that the contents of each package will be uniform.

▶ FREEZE AS SOON AFTER PICKING AS POSSIBLE

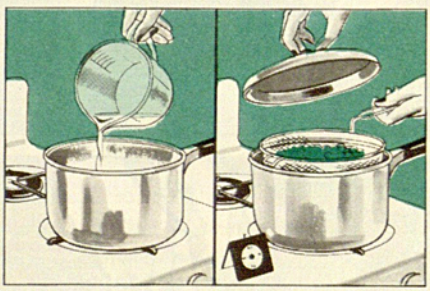
Ideally, vegetables should go from the garden to the freezer within 2-3 hours; the longer they are allowed to stand, the more food value is lost. If you don't have your own garden, buy early in the day and freeze immediately for top quality and nutritive value.

▶ SCALD ALL VEGETABLES BEFORE FREEZING

Scalding helps to preserve vitamins, brightens colors, keeps vegetables from becoming tough. Generally speaking, *hot water scalding is preferred* because of its ease and speed, however, if your water is high in soluble iron salts, you may want to steam scald some vegetables to prevent discoloration. Scald no more than 1-1½ pounds at a time. Scalding time differs with each vegetable; the correct times are given on the following pages. If you live over 4,000 feet above sea level, add 1 minute to times given.

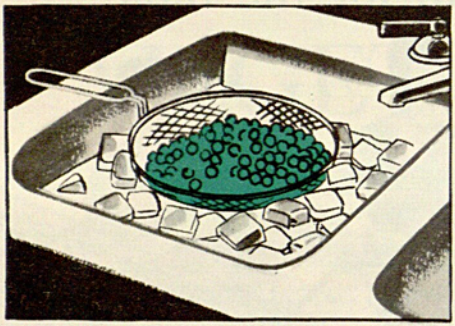


WATER SCALDING—In large kettle, bring to boil 1 gal. water for each 1-1½ pounds of vegetable to be placed in kettle. Lower vegetables in wire basket, colander or cheesecloth into water. Cover. *Start timing immediately;* keep heat on high. Remove from water promptly at end of scalding time. Change water every third or fourth batch.

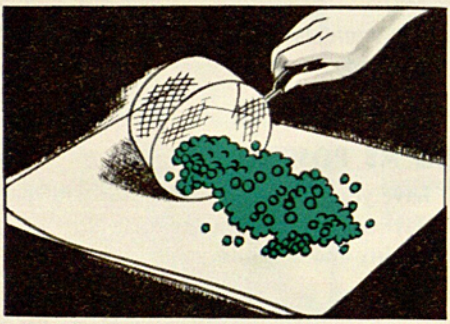


STEAM SCALDING—Bring to boil 2-3 inches water in large saucepan. Use rack (trivet) to keep vegetables out of water. Lower vegetables in wire basket, colander or cheesecloth onto rack. Cover. Start timing when steam comes freely around cover. Remove from rack immediately at end of scalding time. Not recommended for leafy vegetables.

▶ COOL AND DRAIN QUICKLY

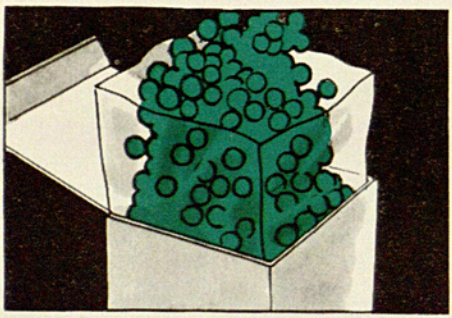


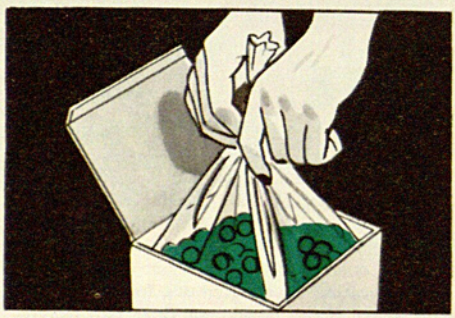
Immediately after scalding, immerse vegetables in iced or cold running water. A safe rule is to chill for the same length of time as the vegetable was scalded. Test by biting through one or two pieces; if not warm to the tongue, vegetables are cool enough to pack.



Drain for a few minutes on clean towel or absorbent paper towels.

▶ PACK AND FREEZE IMMEDIATELY



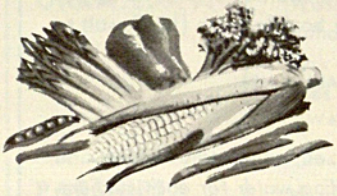


Select the size and type of container suitable for your family's needs. If you choose a bag-in-box type, or use plastic bags without cartons (store the lot in large paper bags), exclude as much air as possible by bringing top sides of bag together close down to the point of the packaged food; seal by twisting and folding tops in goose-neck fashion and securing with cord, rubber bands or covered-wire bag closures.

If you choose molded plastic, metal or glass containers, allow ½″ head-room at top for expansion—except for asparagus, broccoli and Brussels sprouts.

Put packaged food into freezer at once.

Directions for Freezing Vegetables



Follow instructions on preceding pages for scalding, cooling and packaging.

ASPARAGUS	Wash and cut tips either into lengths to fit containers or into 1″ pieces. Tougher portions of the stalk may be cooked completely and pureed for soups. Avoid iron utensils; they may discolor the stalks. SMALL STALKS—WATER SCALD: 3 MIN. STEAM SCALD: 4 MIN. LARGER STALKS—WATER SCALD: 4 MIN. STEAM SCALD: 5 MIN.
BEANS..... (Green and waxed)	Wash and cut into lengths 1″ long, or slice lengthwise, French style. Discard small, immature, thin pods and all bruised and discolored beans. Avoid iron utensils; they may discolor beans. WATER SCALD: 3 MIN. STEAM SCALD: 4 MIN.
BEANS..... (Lima)	Shell and scald according to size; the large Fordhook type requires maximum time, medium sizes 1 minute less. WATER SCALD 1½-3½ MIN. STEAM SCALD: 2½-4½ MIN.
BEETS.....	Select small, tender beets. Cook until done, cool, then remove skins, slice or dice larger beets and pack.
BROCCOLI...	Wash and trim off outer leaves and imperfect stalks. Immerse ½ hour in brine (¼ C. salt to 1 qt. water); rinse thoroughly. Split lengthwise so that heads are about 1″ in diameter. Peel less tender stalks. WATER SCALD: 4 MIN. STEAM SCALD: 5 MIN.
BRUSSELS SPROUTS....	Immerse ½ hour in brine (¼ C. salt to 1 qt. water). Rinse thoroughly. Scald according to size; large heads require maximum time, medium sizes 1 minute less. WATER SCALD: 3-5 MIN. STEAM SCALD: 4-6 MIN.
CARROTS....	Wash and scrape. Slice or dice into ¼ inch pieces. Very small carrots may be left whole if scalded for 5 min. WATER SCALD: 3 MIN. STEAM SCALD: 4 MIN.

CAULI-FLOWER.....	Trim off leaves and break head into flowerettes no larger than 1″ across. Immerse for ½ hour in brine (¼ C. salt to 1 qt. water). Rinse. WATER SCALD: 3 MIN. STEAM SCALD: 4 MIN.
CORN ON COB.....	Use only small and medium-sized ears; remove husk and silk carefully. *Use 3 quarts boiling water for each medium-sized ear;* a large kettle saves much time. Chill for 15 min. in cold water after scalding to insure proper cooling. WATER SCALD: MIDGET-7 MIN., SMALL-8 MIN., MEDIUM-10 MIN.
CORN..... (Whole kernel, Cream style)	Cut kernels from cob after scalding, cutting close to cob. For cream-style corn, cut corn off cob at about center of kernel and scrape with back of knife. WATER SCALD: 4½ MIN. STEAM SCALD: 5½ MIN.
CUCUMBERS..	Slice wafer thin and scald in steam about 20 seconds.
EGG PLANT..	Peel and slice about ⅓″ thick. As you slice, drop pieces immediately into cold water containing ¼ cup salt per gallon to prevent discoloration. For easy separation of slices after freezing, package with 2 pieces of freezer paper between slices. WATER SCALD: 4½ MIN. STEAM SCALD: 5 MIN.
GREENS..... (Spinach, kale, chard, beet and mustard greens)	Wash thoroughly, discard thick stems. Scald, drain thoroughly to remove as much water from leaves as possible. WATER SCALD (2 MIN.): SPINACH, KALE, BEET & MUSTARD GREENS WATER SCALD (3 MIN.): CHARD AND COLLARDS
KOHLRABI...	Choose young, tender kohlrabi. Cut off tops, peel and dice into ½″ cubes. WATER SCALD: 2½ MIN. STEAM SCALD: 3½ MIN.
MUSHROOMS	Wash thoroughly. Leave button-sized mushrooms whole, slice large ones in 3 or 4 pieces. To prevent discoloration before scalding dip in lemon-water (3 tsp. to pint water) or weak citric acid solution (½ tsp. citric acid per pint water.) Mushrooms almost completely cooked in butter or other fat, or cooked in combination dishes, freeze well. STEAM SCALD: WHOLE, 5 MIN.; BUTTONS & QUARTERS, 3½ MIN.

OKRA.....	Wash and rinse thoroughly. Cut off stem end carefully without cutting into seed pod which will allow juice to leak out. Scald large pods 1 minute longer than small ones. WATER SCALD: 3-4 MIN. STEAM SCALD: 4-5 MIN.
PARSNIPS....	Wash. Peel and slice lengthwise into ¼" strips or crosswise. If core seems woody, remove with point of sharp vegetable knife. WATER SCALD: 3 MIN. STEAM SCALD: 4 MIN.
PEAS..... (Green and Blackeyed)	Avoid Alaska and other starchy types of peas, as well as over-mature peas. Shell, sort and wash. WATER SCALD: 2 MIN. STEAM SCALD: 3 MIN.
POTATOES... (Sweet)	Bake in oven until three-fourths done. Cool, peel and slice. Dip slices in 1 part lemon juice diluted with 8 parts water; drain, roll in sugar. Pack and freeze. Or you may puree the completely cooked product—add one pound sugar for each 10 pounds sweet potatoes—pack and freeze. Prepared sweet potato dishes may be frozen.
POTATOES... (Irish)	Potatoes may be diced, scalded in water 4 min., then frozen. See page 42 for freezing of precooked potatoes.
PUMPKIN....	Follow recommendations for winter squash.
SAUERKRAUT	Freezes very satisfactorily. Simply pack and freeze.
SQUASH.....	*Summer squash:* Wash, peel and cut into ½" slices or cubes. WATER SCALD: 3 MIN. STEAM SCALD: 4 MIN. *Winter squash:* Wash and cut or break into fairly uniform pieces, remove seeds. Bake in oven at 350° F. or steam until tender. When cool, scoop from rind and puree. Pack and freeze.
RUTABAGAS AND TURNIPS...	Cut off tops, wash, peel and dice or slice into ½" pieces. WATER SCALD: 3 MIN. STEAM SCALD: 4 MIN.

TOMATOES . .	Prepare fully cooked stew or juice. Stew tomatoes according to your favorite recipe, but omit bread or crackers. Cool. To make juice, quarter and core. Place in covered pan, crushing slightly to cover bottom of pan with juice. Heat rapidly to just below boiling. Put through food press and cool quickly by setting pan in iced water. Add 1 tsp. salt per quart of juice. Pack and seal tightly.

VEGETABLE STORAGE TIME

All vegetables will keep satisfactorily for at least 9-12 months at 0° F. or lower.

Preparing frozen Vegetables for serving

▶ DO NOT THAW BEFORE COOKING:

Most vegetables are best when taken directly from the freezer and cooked without previous thawing. The exceptions to this rule are corn on the cob, beets, pumpkin, winter squash and sweet potatoes. Thaw these in their unopened freezer wrappings for 2-3 hours before cooking.

▶ HOW LONG TO COOK:

Since vegetables are scalded as a part of their preparation before freezing, they're more tender even than those right from the garden. You can, therefore, shorten cooking time by about one-half. Vegetables which are cooked completely prior to freezing need only be thawed (as above) and reheated over low heat.

TIMETABLE FOR COOKING VEGETABLES

Use ¼ to ½ cup water in a covered saucepan; add salt as desired and bring to boil. Add vegetables and time cooking from beginning of second boil.

Vegetable	Time from second boil
Asparagus	7-10 min.
Green or Wax Beans	8-12 min.
Broccoli	5-8 min.
Brussels sprouts	4-8 min.
Carrots	7-10 min.
Cauliflower	5-8 min.
Corn, whole kernel or cream style	4-6 min.
Corn on Cob (after thawing)	4-5 min.
Greens beet	6-12 min.
Greens chard	8-10 min.
Greens collards	test for doneness
Greens kale	8-12 min.
Greens mustard	8-15 min.
Greens spinach	4-6 min.
Greens turnip	8-12 min.
Kohlrabi	7-10 min.
Lima Beans (small)	8-10 min.
Lima Beans (large)	12-16 min.
Mushrooms (saute)	10-15 min.
Peas	5-7 min.

▶ PRESSURE COOKING

You may use a pressure saucepan for frozen vegetables; however, they cook so rapidly by ordinary methods that little time is gained. Follow manufacturer's instructions and time accurately to avoid overcooking.

▶ OVEN COOKING

Many vegetables may be seasoned, buttered and placed in a 350° oven to cook in 45-50 minutes along with other foods. Use a covered casserole dish and break frozen food into chunks before baking.

▶ OTHER METHODS

Pureed or mashed vegetables may be warmed in a double boiler. Frozen vegetables may also be used in deep-fat frying, pan frying, creamed dishes, fritters, and soups.

Your own fresh frozen

FRUITS

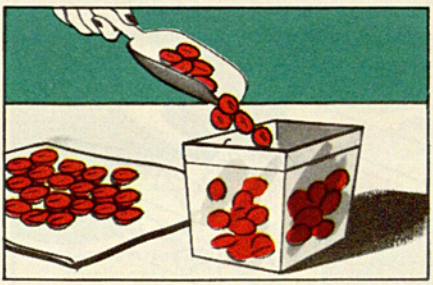
. . . one of your freezer's happiest advantages! Fruits retain their flavor, color and texture—and they taste wonderful out of season! Freeze them whole, sliced, mashed or pureed depending on whether you plan to serve them whole, in pastries or as toppings—and *always* start with firm, freshly picked, fully-ripened fruits in perfect condition.

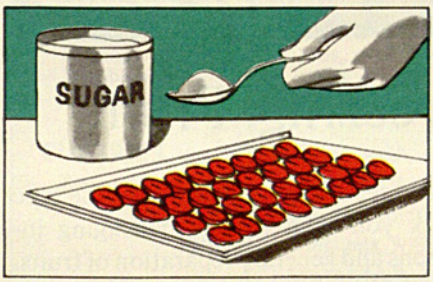
HANDLE GENTLY IN SMALL QUANTITIES

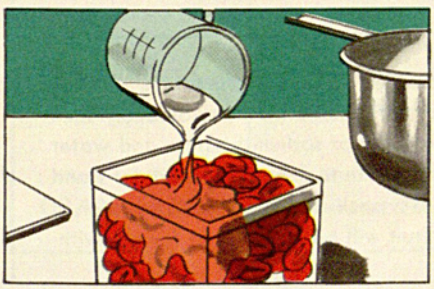
Sort and wash fruit in *ice cold* water. Work quickly so that fruit doesn't soak up excess water. Discard fruit that is overripe or underripe; taste fruits beforehand to be sure they have the flavor and quality you want to preserve. Pick or buy no more than you can process in any one day.

Three ways to pack fruits to preserve flavor and color

Preparation of fruit for freezing depends on how sweet you want it and whether it discolors when exposed to air. Fruits may be packed in sugar syrup, in dry sugar or packed in no sugar at all.







Generally, sweetened fruits retain color and flavor better; however, a dry pack is satisfactory for certain fruits. Recommended methods are given for each fruit in the following pages.

▶ **DRY PACK.** Drain fruit thoroughly on towels, place in container, allowing ½ inch for expansion, seal and freeze. Most fruits, except cherries, peaches, plums and cantaloupe, may be dry packed; however, you'll be happiest if you dry pack only fruits which you plan to use for pies, preserves or jelly. (Berries and rhubarb, especially.)

▶ **SUGAR PACK.** Sprinkle juicy fruits with dry sugar. Use shallow dish or tray. Gently turn fruit over and over to coat each piece. Spoon into leak-proof container, leave recommended head space, seal and freeze. Specific amounts of sugar-to-fruit given on following pages.

▶ **SYRUP PACK.** Make syrup in advance by dissolving sugar in *cold* water; let stand until clear, stir occasionally. Chill. Put fruit in leak-proof containers and cover with syrup—about ⅔ cup for each pint. Leave recommended head space. Personal taste or character of the fruit will indicate the per cent syrup to use. Chart gives you proportions; recommended syrups on following pages.

SYRUP PACKS	
SYRUP PER CENT	AMOUNT OF SUGAR PER 1 QUART WATER
20	1 cup
30	2 cups
40	3 cups
50	4 cups

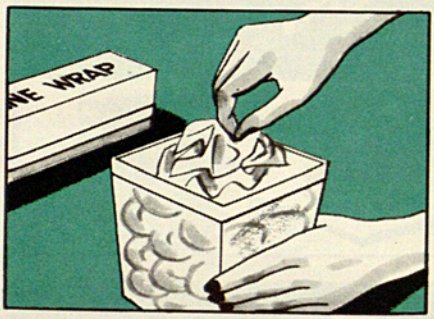
HEAD SPACE FOR SUGAR AND SYRUP PACKS		
	PINTS INCHES	QUARTS INCHES
Containers wide top:	½	1
Containers narrow top:	¾	1½

▶ TO PREVENT DISCOLORATION

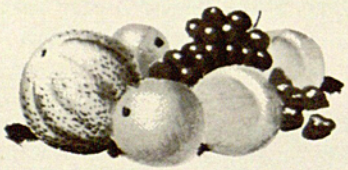
Certain fruits, especially apricots, avocados, sweet cherries, plums, and peaches darken when frozen. The simplest way to prevent this is to add ascorbic acid (Vitamin C) to the syrup or sugar pack just prior to packaging. Use ½ teaspoon pure ascorbic acid powder for each quart of water used or ½ tsp. mixed with each pound of dry sugar. Pure ascorbic acid can be bought at freezer-supply firms and some drugstores. Or you might prefer one of the commercial mixtures sold under several brand names; follow directions on the package for use.

▶ PACKAGE AND FREEZE IMMEDIATELY

For extra protection against discoloration of any fruit requiring use of ascorbic acid, place crushed scraps of cellophane, waxed or freezer paper on top of fruits to hold them under the syrup or juice. Include the intended use and type of pack on your label information.



Directions for Freezing Fruits



Follow directions given above for the type of pack you wish to use, packaging instructions and general preparation of fruits.

APPLES..... Use good cooking varieties as soon as they have ripened to crisp eating stage, not when hard ripe. SLICES: Place sliced fruit in mixed solution of sodium bisulfite and water (1 level tsp. sodium bisulphite to 1 gallon water); let stand 15 min. Drain. Use dry pack or sugar pack; a ratio of 1 lb. sugar to 5 lbs. fruit will be about right for pie with-

	out any further addition of sugar. If sodium bisulphite is not available, soak slices 15 min. in brine (½ cup salt per gallon water) drain, pack in 30% syrup with ascorbic acid added. Sweeten to taste after adding ascorbic acid to sugar. SAUCE: prepare as usual. Cool, package and freeze. BAKED: prepare as usual; cool by floating pan in iced water; wrap and freeze.
APRICOTS . . .	Peel, if desired; halve and remove pits. Unpeeled frozen apricots are not satisfactory for dessert use, but serve well for pie. SYRUP PACK: 40% syrup with ascorbic acid.
AVOCADOS..	Peel, cut into strips and quickly immerse for 5 min. in ascorbic acid solution (¼ tsp. per pint water). Drain, pack in 20% syrup (with ascorbic acid). For puree: add 1½ T. sugar, 2 tsp. lemon juice to each cup of avocado puree.
BERRIES . . . . . Blackberries Blueberries Boysenberries Dewberries Huckleberries Loganberries Raspberries Youngberries	Wash, sort and stem. Discard any seedy, bruised, underripe, poorly colored or formed berries. For dessert use, SYRUP PACK in 40 to 50% syrup, or SUGAR PACK using 1 lb. sugar to 3 to 4 lbs. fruit. DRY PACK for use in cooking (pies, preserves, muffins, etc.)
CHERRIES . . . . Sweet	Stem, wash, pit and drain. SYRUP PACK in 30% syrup with ascorbic acid. SUGAR PACK using 1 lb. sugar with ascorbic acid to 5 lbs. fruit. For sundae topping, crush fruit, mix with 1 lb. sugar (with ascorbic acid) to each 5 lbs. of fruit.
CHERRIES . . . . Sour	Prepare as above. SUGAR PACK using 1 lb. dry sugar (with ascorbic acid) to 4 lbs. fruit.
CRANBERRIES	Wash, sort, drain. DRY PACK without sugar.

CURRANTS...	Wash, stem. DRY PACK whole berries, or SUGAR PACK with 1 lb. sugar to 4 lbs. fruit. (Sugar packed currants may be crushed slightly for thorough penetration of sugar.)
FIGS.....	Wash, stem; peel if desired. Halve, slice or leave whole. SYRUP PACK in 40% syrup.
GOOSE-BERRIES....	Remove blossom ends and stems. Wash, drain. DRY PACK for use in pies, preserves.
GRAPEFRUIT.	Grapefruit segments are best when frozen in 40% syrup with ascorbic acid as fruit cocktail in combination with orange, peach, pineapple, cherry, and seedless grape.
GRAPES.....	Thompson seedless and Tokay freeze best. The former can be left whole; remove seeds from Tokays. SYRUP PACK with 40% syrup.
MELONS..... Cantaloupe Casaba Honeydew Persian	Freeze only melons with firm flesh, extra good flavor. Cut into uniform slices, cubes or balls. SYRUP PACK with 30% syrup. Whole seedless grapes make an excellent addition. Serve partially frozen.
PEACHES, NECTARINES.	Peel, pit and slice fruit directly into syrup or sugar with ascorbic acid. SYRUP PACK using 40% syrup with ascorbic acid added, or SUGAR PACK using 1 lb. sugar (with ascorbic acid) to 4 lbs. fruit. It is important to keep peaches, nectarines and apricots completely covered in syrup or sugar to prevent browning.
PEARS.....	Generally, it is better to can pears. For freezing, wash, peel, halve and core . . . Quarter or slice, then dip into boiling 40% syrup for 1-2 minutes; chill rapidly in refrigerator. SYRUP PACK using 40% syrup with ascorbic acid.

PERSIMMONS	Wash, put through sieve to separate skins, seeds. SUGAR PACK with 1 lb. sugar (ascorbic acid added) to 5 lbs. puree. Pack, freeze.
PINEAPPLE...	Wash, peel, removing eyes and core. Cut into slices, wedges or cubes. SYRUP PACK using 40% syrup, or SUGAR PACK using 1 lb. sugar to 5 lbs. fruit.
PLUMS AND PRUNES....	Wash, halve and pit. SYRUP PACK using 40% syrup with ascorbic acid, or SUGAR PACK using 1 lb. sugar (with ascorbic acid) to 4 lbs. fruit. Some varieties are best when frozen as cooked sauce.
RHUBARB....	Wash thoroughly, trim, drain. Cut in 1" pieces. DRY PACK without sugar, or SYRUP PACK with 40% syrup. Rhubarb sauce also freezes well. Prepare as usual and freeze.
STRAW-BERRIES....	Hull and sort. Wash a few at a time. SUGAR PACK sliced strawberries using 1 lb. sugar to 4 lbs. fruit. Sliced berries retain better flavor and color; however, you can SYRUP PACK whole berries using 40% syrup. Strawberries are best when served just before completely thawed.
PUREES.....	A wonderful way to use fruit too ripe for other freezing methods! Wash, sort and cut out areas that are discolored or too ripe. Crush in large saucepan, add a little water, bring to the boiling point and cook 2-3 min. Puree and SUGAR PACK using 1 cup sugar to 6-8 cups puree.

Special tips on FRUIT

● Store small amounts of fruit in picnic cups to use in lunchboxes.

● Jams and preserves made from frozen berries stored for a year or less are better in flavor and quality than jams and preserves made during the harvest season and kept on the shelves for several months. Frozen fruits are excellent for jelly-making.

● Frozen fruits to be used in cooking need to be only partially thawed. Fruits to be served as desserts or in fruit cocktails are more delicious if only partially thawed.

FREEZING FRUIT JUICE

FRUIT JUICE	METHOD OF PREPARATION	TYPE OF PACK
Orange or Grapefruit	Select fully ripe fruit. Cool in refrigerator. Halve, squeeze and strain juice. Sweeten to taste. Avoid Navel oranges.	Pour into containers, preferably glass. Leave proper head space. Freeze immediately. Limit storage to 3-4 months.
Cherry, Grape or Berry	Wash, drain, crush fruit and heat below simmering to pulpy state. Strain, sweeten to taste, and chill. Instead of heating, juice may be pressed from slightly sweetened cherries or berries after the fruit has been frozen and thawed.	Pour the juice into suitable containers. Leave head space as for syrup-packed fruits. Freeze at once. Thaw grape juice after 2 weeks or more, decant to eliminate cream of tartar crystals in sediment, refreeze.
Tomato	Wash, core, quarter and simmer for 5-10 minutes, or until tomatoes are pulpy. Strain juice and add 2 tablespoons of salt per gallon; add other seasonings if desired. Cool.	Pour the juice into suitable containers. Leave head space as for syrup-packed fruits. Freeze immediately.
Apple	Extract juice. Ascorbic acid (1½ tsp. in 3 gal.) helps to retain apple flavor during storage.	Pour the juice into suitable containers. Leave head space as for syrup-packed fruits. Freeze immediately.

FRUIT STORAGE TIME

All fruits, and concentrated citrus juices, will keep satisfactorily for at least 9-12 months at 0° F.

How to use Frozen Fruits

Most frozen fruits are wonderful eating when served just as fresh fruit, in compotes, shortcakes, over ice cream, etc. They may also be used in place of fresh fruits in all your favorite recipes; remember to allow for the sugar or syrup added in freezing!

▶ COBBLERS, PIES, TARTS.

One quart or two pints of frozen fruit make one 9″ pie or 6 to 8 tarts. Use DRY PACKED fruit just as fresh fruit. Let SUGAR PACKED fruit thaw only enough to separate—and add no more sugar if you used a ratio of 1 lb. sugar to five parts fruit in preparation. Add just a little more thickening to pies made with frozen fruits. SYRUP PACKED FRUIT should be drained; use only ⅓ cup syrup per pie—save remainder of fruit syrup for punch, compotes or cocktails. Again, be sure to allow for sugar in the syrup pack.

▶ JAMS, JELLIES, PRESERVES.

Use a reliable recipe. Frozen DRY PACKED fruit can go directly into the cooking utensil or hot sugar syrup.

▶ PANCAKES, MUFFINS.

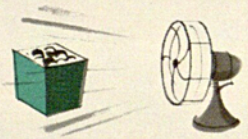
Thaw berries only enough to separate, then mix with flour mixture before liquid is added.

▶ UPSIDE-DOWN CAKE.

Arrange partially thawed fruit in baking dish, cover with batter, bake as usual.

THAWING CHART FOR FRUITS

Fruits thaw in almost one-half the time shown when placed in front of an electric fan.



CONTAINER SIZE	PACK	REFRIGERATOR	ROOM TEMP.	COLD WATER
Pint	SUGAR PACK	8 hrs.	2-2½ hrs.	¾ hr.
Pint	SYRUP PACK	8½ hrs.	2½-3 hrs.	1 hr.
Quart	SUGAR PACK	11 hrs.	3-3½ hrs.	1 hr.
Quart	SYRUP PACK	12 hrs.	3½-4 hrs.	1¼ hrs.

ALWAYS THAW FRUIT IN THE *UNOPENED* CONTAINER

Turn package over occasionally during defrosting to allow thawing juices to protect fruit.

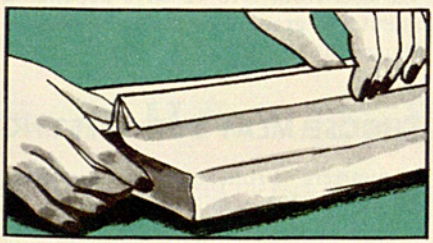
Your own fresh frozen

MEAT, FISH and POULTRY

MEAT, FISH, POULTRY MUST BE WRAPPED TIGHTLY

Your primary concern in wrapping is to exclude as much air as possible from the package and seal for air-tightness.

FREEZER FOLD



Place meat in center of paper, bring long edges of paper together and fold over and over until it fits snugly around food. (At least two folds.) Turn package over.

Press out as much air as possible; fold ends to make a tight package. (At least two folds.) Seal ends with freezer tape or twine. Freezer foil needs no tape or twine because ends can be folded and rolled tightly in place.

SEPARATE CUT MEATS, PATTIES, FISH

Use two pieces of foil, waxed or freezer paper between layers when you package steaks, chops, hamburger patties, fish filets or cut up chicken. This will make the pieces easy to separate before they are completely thawed.

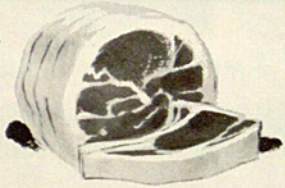
▶ EASY WAYS TO WRAP WHOLE POULTRY

Tie wings and legs close to body. Put bird in polyethylene bag and lower ¾ way into tub of hot (not boiling) water; the water will collapse the plastic firmly around the bird and expel all air. Don't let any water get into the bag. Twist top of bag, and make proper closure.

Or, wrap in freezer foil. Wrap foil loosely around bird, then gently, firmly press down all around to expel air and

make a form-fit wrapping. Seal by folding ends tightly.

Special tips on MEAT



All meats can be frozen—including liver, sweetbreads, heart, brains and other specialties—and with very little effort! If you intend to slaughter and cut your own meat, you may get bulletins giving full instructions from the U.S. Department of Agriculture. If you buy meat, have an experienced butcher or locker plant cut and prepare it. Costs are reasonable.

Proper chilling and aging is very important. Pork, lamb, and veal should be frozen within 3 days after slaughter. Age beef from 5 to 12 days depending on cut and grade. Longer aging periods shorten storage life.

▶ LOOK FOR QUALITY WHEN YOU CHOOSE MEAT FOR FREEZING

Whether you buy or slaughter, look for moderate amounts of fat in an animal that is thickly fleshed, particularly in the ribs, loin and hind quarters. From the standpoint of economy buy in sides or quarters. Front quarters are more economical—they will yield about 90% of their weight in retail cuts and ground meat; hind quarters yield about 75%.

▶ FREEZE MEAL-SIZED QUANTITIES

Wrap no more in each package than you plan to cook at one time. Keep in mind family likes, appetites and method of preparation—generally, allow ¼ lb. boned meat per person or ½ lb. per person if meat is wrapped with bone. (Pad all bones with scraps of freezer paper or foil before wrapping to avoid puncturing outer wrap.) Boned meat, incidentally, requires one-fourth less room in your freezer than unboned meat—requires less wrapping material, too. Have bones removed from all suitable cuts and use for soup stock (which you can freeze for use later).

Brisket, plate, shank and other less tender cuts should be cut into cubes for stewing or ground.

▶ SEASONED AND CURED MEATS, LUNCHEON MEATS

Storage time is less than for fresh meats. Sliced bacon and most luncheon meats have such a short storage life, unless vacuum packed, that it seldom pays to freeze them. Wieners keep quality but lose appearance. Do not add salt to any meat before freezing—it speeds up rancidity. Most seasoned pork sausage contains salt.

▶ FREEZING PREVENTS TRICHINOSIS

According to the U.S. Department of Agriculture, trichinae will not survive in frozen pork after 30 days at a temperature no higher than 5° F.

MEAT STORAGE CHART AT 0° F.

8 TO 10 MONTHS	4 TO 5 MONTHS	2 TO 3 MONTHS	ABOUT 1 MONTH
Beef	Ground beef	Cooked meats	Sausage
Venison	Beef livers,	Soups and Stews	(seasoned, salted,
Lamb	hearts, kidneys,	Sausage (smoked	but not smoked)
Rabbits	tongues	and seasoned)	Pork links
Veal	Fresh pork	Ham	
		Bacon (slab)	
		Ground pork (unsalted)	
		Wieners	
		(except skinless)	

How to cook Frozen Meats

▶ **ROAST.** Put roast on rack (partially thawed or thawed) in uncovered pan with no water. Roast slowly.

▶ **BROIL.** Use thawed or frozen. Broil frozen chops or steaks 3-4″ below heat to make sure inside of steak gets cooked to desired doneness. Thawed meats are broiled just as fresh meats—2-3″ below heat.

▶ **PAN-BROIL.** Use thawed or frozen. Put frozen meat in pan over low heat to thaw inside before over-browning outside; allow ⅓ to ½ again as much time for frozen meat as for fresh. Pan-broil thawed meats just as fresh meat.

▶ **BRAISE.** Leave meat at room temperature 2 hours before cooking so meat will be flexible enough to have complete contact with pan. Thaw completely cuts to be coated with egg, crumbs or flour.

▶ **STEWING.** Use thawed or frozen. Brown, season, cook as usual. Add ⅓ to ½ again as much time for frozen meat as for fresh. If meat was not cut for stewing, thaw first, then cut.

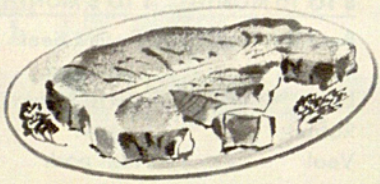
▶ **PRESSURE COOKING.** Use thawed or frozen. Frozen meat requires 1 to 2 times again as much time as thawed or fresh meat, depending on the size and cut.

APPROXIMATE THAWING TIMES

Thaw all meats to desired degree in their freezer wrappings, unopened. Meats thaw in almost one-half the time shown when placed in front of electric fan.

	REFRIGERATOR	ROOM TEMPERATURE
Beef, Veal, Lamb, Pork	5-8 hours per lb.	2-2½ hours per lb.
Sausage (1 lb. pkg.)	18-20 hrs.	4-5 hrs.
Hamburger patties	5-6 hrs.	1-2 hrs.

Guide for cooking FROZEN MEATS

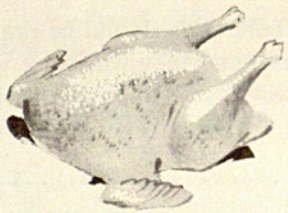


CUT	COOKING METHOD	APPROXIMATE COOKING TIME		INTERIOR* TEMPERATURE
		THAWED	FROZEN	
BEEF				
Rolled Rib Roast...	Roast at 300° F.			
Rare		28 min. per lb.		140° F.
Medium		32 min. per lb.		160° F.
Well done		40 min. per lb.		170° F.
Chuck	Roast at 300° F.	25-30 min. per lb.		150-170° F.
Rump	Braise or roast at 300° F.	25-30 min. per lb.		
Porterhouse Steak. 1 inch thick, medium rare...	Broil	15-20 min. (total)	20-25 min. (total)	
Round Steak-½ in.	Pan-broil	10 min. (total)	15 min. (total)	
Ground Beef— 1 lb. pkg.	Pan-broil			
Patties (separated)..	Pan-broil	8 min. (total)	16 min. (total)	
Stew Meat— 1 lb. pkg.	Stew	2½-3 hrs. (total)	3-3½ hrs. (total)	

*Reading of Meat thermometer when meat is done.

CUT	COOKING METHOD	APPROXIMATE COOKING TIME		INTERIOR TEMPERATURE
		THAWED	FROZEN	
PORK				
Loin Roast				
Center cut.....	Roast at 300° F.	30-35 min. per lb.		185° F.
Rib or shoulder.		50-55 min. per lb.		185° F.
Fresh Ham.....	Roast at 300° F.	30-35 min. per lb.		185° F.
Chops (¾ in.).... (separated)	Pan-broil	30 min. (total)	40 min. (total)	
Sausage-lb. pkg..	Pan-broil	12-15 min. (total)	18-20 min. (total)	
LAMB				
Leg.....	Roast at 300° F.	30-35 min. per lb.		175-180° F.
Rolled Shoulder...	Roast at 300° F.	40-45 min. per lb.		175-180° F.
Shoulder Chops...	Braise	15 min. (total)		
Other Chops.....	Broil or Pan-Broil	10-15 min.		
Patties.....	Pan-broil	8-10 min.		
VEAL				
Leg.....	Roast at 300° F.	25 min. per lb.		170° F.
Loin	Roast at 300° F.	30-35 min. per lb.		170° F.
Chops & Cutlets ½-¾ in. thick..	Braise	45-55 min. (total)	55-65 min. (total)	

*Reading of Meat thermometer when meat is done.



Special tips on POULTRY

Whether you take advantage of market specials or raise your own flocks, freezing poultry of all kinds lets you enjoy your favorites all year round. Complete directions for dressing, drawing, cutting and cooking chickens can be had free of charge by writing to: Poultry and Egg National Board, 185 N. Wabash Avenue, Chicago, Ill.

▶ PREPARING AND WRAPPING BIRDS

If you kill your own birds, bleed well, scald, pluck, draw and wash while bird is still warm. Chill quickly in crushed ice or ice-water (2-4 hours). Hold at chill temperatures for 6-12 hours to improve tenderness. Freeze rapidly.

Do not freeze stuffed poultry at home—there is risk of food poisoning. Stuffing takes too long to freeze; meanwhile bacterial growth may start and continue again as the bird thaws and bakes. Package stuffing separately; cook in separate pan or thaw and put inside bird before cooking.

Package and freeze livers separately—the storage time is no longer than 2 months. Other giblets may be wrapped and placed in the cavity of the bird.

▶ PACKAGE READY TO COOK

Any bird to be stored in your freezer should be prepared and packaged, ready for cooking. Instructions for wrapping whole birds will be found opposite illustration on page 22.

To freeze broilers, split in two, down the back and along the breastbone; remove backbone. Put two pieces of freezer or waxed paper between halves for easy separation; wrap in plastic bag, foil or freezer paper.

To freeze fryers and stewing chickens, cut into all the usual pieces. Remove excessive fat around abdominal cavity and wishbone. Pack in carton, plastic bag or wrap tightly in foil.

STORAGE CHART AT 0°F.

8 TO 12 MONTHS	6 TO 8 MONTHS	4 TO 6 MONTHS	ABOUT 2 MONTHS
All game birds	Chicken (except broilers)	Cut poultry	Poultry Livers
	Geese (domestic)	Broilers	
	Turkey	Fried Chicken	

How to cook Frozen Poultry

Whole birds should be thawed completely so they will cook uniformly. Broilers and poultry for frying, braising, stewing, can be cooked when defrosted enough to separate the pieces. Cook as you would for fresh poultry, allowing proportionately more time for poultry still frozen.

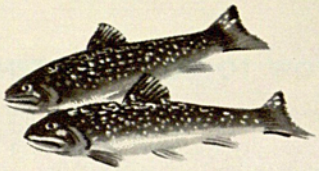
APPROXIMATE THAWING TIMES

Thaw in unopened freezer wrappings; cook immediately. Poultry thaws in nearly one-half the time shown when placed in front of an electric fan.

	REFRIGERATOR	ROOM TEMP.	COLD WATER*
3 lb. fryer, cut up (thawed to break pieces apart)	25 hrs.	5 hrs.	1 hr.
5 lb. whole bird (thawed to stuff)	30 hrs.	4 hrs.	1½ hrs.
6 lb. turkey (completely thawed)	60 hrs.	—	2 hrs.
17 lb. turkey (thawed to stuff)	96 hrs.	—	2 hrs.

*Usually the fastest and best way for whole birds.

Special tips on FISH AND SEAFOODS



Fish that is cleaned and frozen *while very fresh* will keep best. Package fish in meal size units, cutting large fish into family size chunks, steaks, or fillets. Rinse cut pieces of lean fish in brine. Use only top grade packaging materials, or pack into watertight containers, cover with cold water and freeze. Store at the coldest available temperature —near the bottom of a chest type freezer or in contact with refrigerated shelf on upright model. Lake trout and pink salmon, especially, need low storage temperature.

▶ BRINE DIP FOR LEAN FISH (Cut pieces only)

(flounder, cod, haddock, halibut, rosefish, sea bass, sea trout, whiting, carp, yellow perch, yellow pike.)
When fish is cleaned, ready for packaging, rinse 20-30 seconds in brine—1½ cups table salt per gallon of water. This firms the fish, reduces leakage when thawed.

PREPARATION OF SEAFOODS FOR FREEZING

▶ **CLAMS.** Clean thoroughly; remove sand with running water or by brushing. Steamer clams clean themselves in fresh water; wash razor clam meat in fresh water. Open with knife or dip in hot water 3 min. Slit lengthwise to clean insides. Pack whole or minced in glass containers; cover with clam liquor or brine (4 T. salt per gal. water). Keep submerged in liquid by tucking crumbled waxed paper on top. Allow head space.

▶ **CRABS.** Clean live. Boil 15 min., cool and remove meat, keeping body and leg meat separate. Cover with brine as recommended for clams. Use glass containers, allow proper head space.

▶ **LOBSTER.** Steam or boil. Cool, remove meat; pack in glass containers with brine (see "Clams"), allow head space.

▶ **OYSTERS AND SCALLOPS.** Choose only strictly fresh, live oysters. Prepare as for immediate use. Wash in brine (4 T. salt per gal. water), drain and pack. Cover with brine as for clams. Allow proper head space.

▶ **SHRIMP.** Freeze uncooked (cooked shrimp toughens and loses flavor during storage). Remove heads and sand veins. Separate tails from bodies; peel, clean and package in top quality containers, or cover with cold water and freeze.

STORAGE CHART AT 0°F.

6 TO 10 MONTHS

Lean scalefish
Shellfish, except
Shrimp and crab

3 TO 4 MONTHS

Fatty scalefish*
Uncooked shrimp
Crab

*mackerel, salmon, shad, catfish, lake trout, whitefish, herring

HOW TO COOK FROZEN FISH AND SEAFOOD

▶ **FISH** may be cooked from a frozen state or thawed—depending on the method of preparation for the table. When cooking frozen fish, allow about ½ again as much time as for fresh or thawed fish.

▶ **SEAFOODS** are completely thawed for cocktail or salad use . . . thawed only enough to separate the pieces when used in cooked dishes.

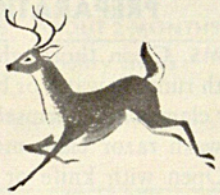
APPROXIMATE THAWING CHART FOR FISH

Thaw in unopened freezer wrappings; cook immediately, do not refreeze.

	REFRIGERATOR	ROOM TEMP.	COLD WATER*
Whole fish (about 4½ lbs.)	24 hours	4 hours	1¼ hours
Fish steaks, fillets (package of 4, to separate)	24 hours	2 hours	½ hour
Shellfish (1 lb. container or package)	8-10 hours	4 hours	½ hour

*Usually the best way to thaw fish.

Special tips on GAME



▶ GAME BIRDS AND ANIMALS

Game birds and animals are packaged and frozen just as domestic animals and poultry. They must, however, receive even more prompt attention because spoilage starts quickly, particularly in the area of the wound.

▶ BIG GAME

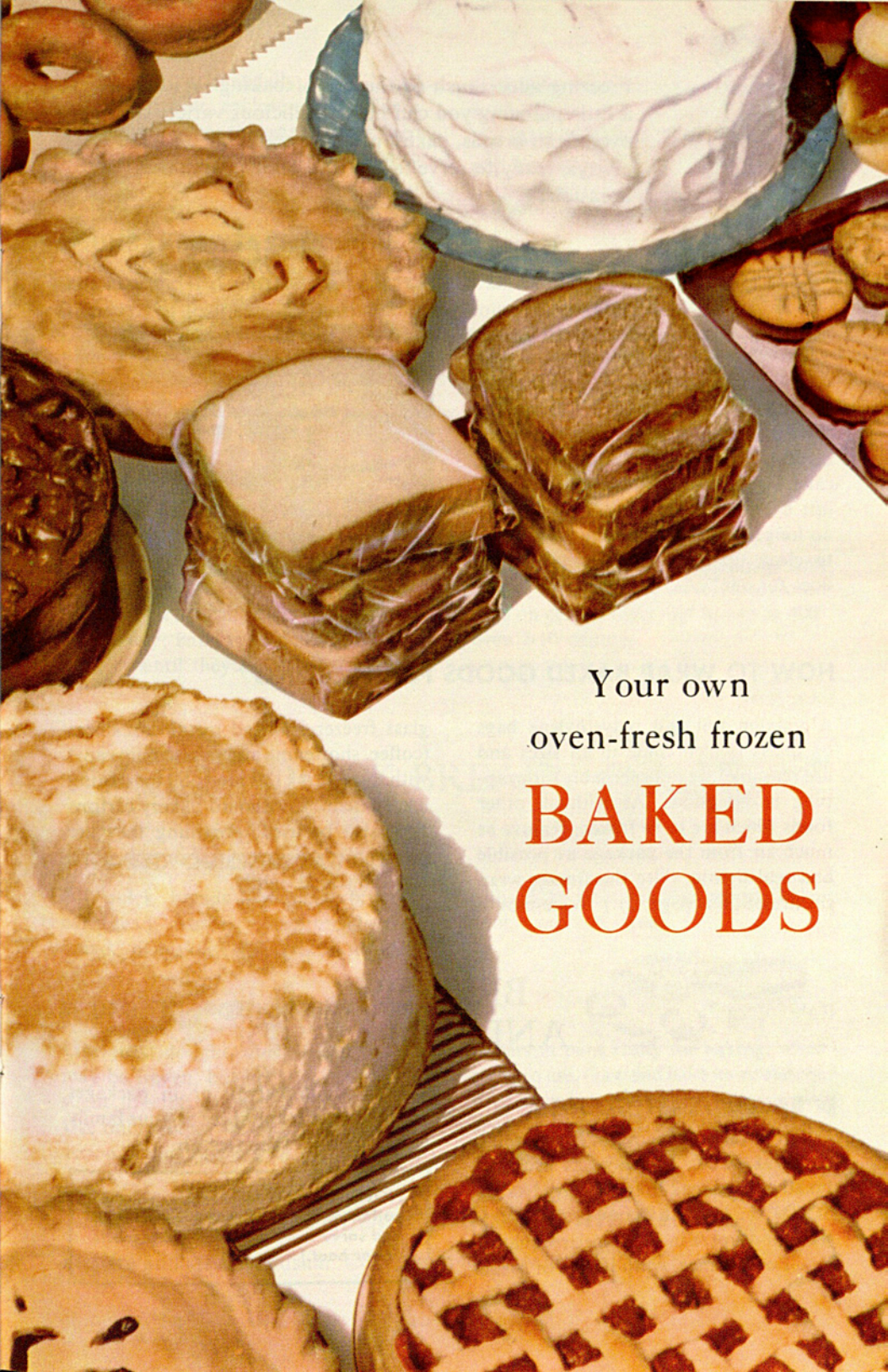
Deer, moose, antelope and other big game must be bled and the body cavity cleaned immediately after killing. Frozen food locker plants will cut the animals properly into the size roasts and steaks you need.

▶ SMALL GAME

Rabbits, squirrels and other small game animals should be bled, skinned and washed thoroughly in clean, cold water. Most people freeze only the meaty back and hind quarters to save freezer space. Ribs, necks, forelegs can be cooked fresh in stews.

▶ GAME BIRDS

Birds should be drawn immediately —the minute they land, if possible. This is done to prevent tainting of the meat from undigested food in the intestines. Chill. Pluck the same as domestic poultry, wrap and freeze. Wrap giblets separately.



Your own
oven-fresh frozen

BAKED GOODS

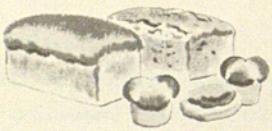
Freezing adds much to the joy of baking. With just a little planning you can have a delicious variety of oven-fresh breads, cakes, pies and cookies—on hand always, ready to serve family and guests, whatever the occasion!

BAKE TO SERVE WHEN YOU PLEASE

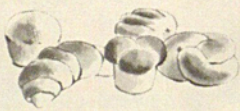
When you bake (or buy fresh goods from the bakery) think in terms of several. Some you'll want to serve fresh from the oven, the rest you'll freeze for serving later. In one afternoon you can make a month's supply (or more!) of cake, cookies, bread or pies rather than just a 2- or 3-day supply. And it takes no longer to get out the equipment and to clean up for several items than it does for one!

HOW TO WRAP BAKED GOODS FOR FREEZING

Aluminum foil and polyethylene bags or sheets (which come in all sizes and are reusable) are indispensable for wrapping baked goods. As with all other foods which are to be frozen, remove as much air from the package as possible and seal tightly. (Use the freezer wrap illustrated on page 21.) Wide-mouth glass freezer jars and metal containers (coffee, shortening and potato chip cans) with tight fitting lids are good for storing fragile items. Cardboard bakery cartons may also be used, providing they are given an over-wrap of foil or polyethylene and sealed tightly.



BREADS AND ROLLS



▶ BAKED YEAST GOODS

Use your favorite recipe for bread, rolls, coffeecakes, etc. and bake as usual. If bread crusts break in freezer, try baking at 400° F. Cool to room temperature, wrap and freeze in serving-sized quantities. For instance, wrap loaves of bread whole, cut in halves, or in packages containing as many slices as your family will eat before staling sets in.

NOTE: Wrap in *foil* breads, rolls or coffeecakes which you plan to heat and serve warm. (Polyethylene melts under heat.)

If you buy commercially baked bread for your freezer, enclose each loaf in a polyethylene bag; the waxed paper used for bread wrappers is not sufficient to protect flavor and freshness except for a week or two.

For toast that is especially good, simply pop frozen bread slices into your toaster to thaw and brown.

▶ UNBAKED YEAST DOUGHS

You may find that unbaked yeast doughs lose some of their capacity to rise after freezing—but the aroma of freshly baked bread or rolls at mealtime sometimes compensates for a slight loss of quality. Prepare unbaked doughs for freezing after the first rising period. Shape dough for bread and place in loaf pan, grease well, wrap and freeze. Shape dough for rolls and coffeecakes into shapes for baking, grease well, quick-freeze on cookie sheet and wrap for storage after initial freezing. When ready to bake, thaw dough at room temperature and let rise until doubled in bulk; bake as usual.

▶ PARTIALLY BAKED ROLLS

Your own "brown and serve" rolls! To prepare for freezing, let rolls rise only half as high as if they were to be baked completely; bake at 300° about 20 minutes, or until they are a very pale tan. Remove from pans, cool, package and freeze. When ready to serve, place frozen rolls on cookie sheet and brown in 400° oven 7-10 minutes.

QUICK BREADS

▶ BAKED QUICK BREADS

All quick breads — muffins, biscuits, cornbread, waffles, gingerbread, nut-bread, pancakes, etc., freeze wonderfully. Use your favorite recipe, bake, cool, wrap and freeze.

▶ UNBAKED QUICK BREAD BATTERS

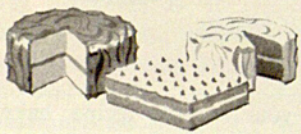
Like yeast doughs, quick bread batters may be frozen, but here again expect a slight loss of volume at baking time. Use only recipes which call for double-action baking powder. Wrap and freeze batters in pans ready for baking; when ready to use, thaw and bake immediately. Frozen, unbaked baking powder biscuits need be only partially thawed before baking.

STEAMED PUDDINGS AND BROWN BREAD

Prepare and steam as usual. Cool, wrap and freeze.

BREAD STORAGE TIME AND THAWING INSTRUCTIONS

TYPE OF BREAD	STORAGE TIME	THAWING AND SERVING
BAKED BREAD, ROLLS, COFFEE-CAKE (yeast)	4-6 Months	Thaw in freezer wrappings at room temperature. A loaf of bread takes 2 hours to thaw; rolls and coffeecake, less time. Or, put foil-wrapped bread and rolls in 300° oven 10-15 minutes to thaw and warm. Do not remove or loosen wrappings.
UNBAKED YEAST DOUGHS	2-3 Weeks	Thaw in wrappings in warm, moist place away from drafts. Remove from wrappings and allow to rise as usual. Bake.
BAKED QUICK BREADS	4-6 Months	Thaw in wrappings at room temperature. Or, thaw and warm foil-wrapped packages in 300° oven.
UNBAKED QUICK BREAD BATTER	2-3 Weeks	Thaw in wrappings at room temperature; remove wrappings and bake immediately.
WAFFLES AND PANCAKES	4-6 Months	Put frozen waffles or pancakes in your toaster to thaw and warm.
STEAMED PUDDINGS	6 Months	Let stand at room temperature in freezer wrappings to thaw. Leave in wrappings and heat in steamer or in 300° oven 20-30 minutes.



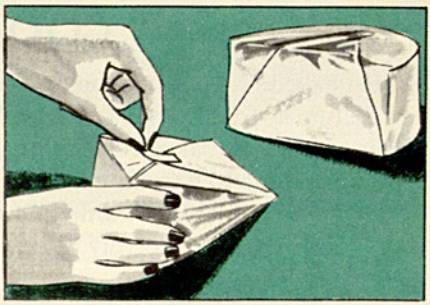
CAKES

It's best to freeze baked cakes—either frosted or unfrosted—simply because it is easier and faster to take a baked cake from your freezer than it is to thaw the batter, bake, cool and frost in advance of the time you want to serve it. Butter-type cake batters may be frozen, if you like, but the results are unpredictable; cake batters (like yeast doughs) may lose some of their rising capacity during freezing and thawing. Freeze batters in the pan, ready for baking. Angel, chiffon, sponge and fruit cake should *always* be frozen *after* baking.

SPECIAL PACKAGING TIPS FOR CAKES

Cakes do not freeze solidly and need extra protection during freezer storage. Cardboard bakery cartons, metal or plastic containers are good. Either wrap the cake for freezing and place it in the container or place the unwrapped cake in the container and then wrap and seal the container with foil or polyethylene.

You'll find it convenient to cut cakes into halves, quarters or slices before freezing. This lets you defrost only as much cake as you wish for a meal, a day or for guests. On special occasions you can serve several kinds of cake without defrosting several cakes. And frozen cake slices are extra handy for lunch boxes!



▶ UNFROSTED CAKES AND CUPCAKES

Cool cake and remove from pan as usual. Wrap for freezing in foil, polyethylene bag or freezer cellophane. Freeze for 2 hours, then transfer to container for extra protection during storage.

▶ FROSTED CAKES AND CUPCAKES

Bake, cool and frost as usual. Place unwrapped cake in freezer 1-2 hours to harden the frosting and prevent it from sticking to wrappings. An additional precaution against frosting sticking is to insert toothpicks around the top of the cake. Wrap and place in protective container; return to freezer.

Generally speaking, uncooked frostings are best for freezing; boiled icings freeze satisfactorily, but are difficult to handle because they do not freeze solidly.

Cream fillings should not be used in cakes to be frozen. They soak in and make the cake soggy. If you like cream fillings it's best to freeze cakes unfrosted and make the filling fresh when you are ready to use the cake.

CAKE STORAGE TIME AND THAWING INSTRUCTIONS

TYPE OF CAKE	STORAGE TIME	THAWING AND SERVING
BAKED UNFROSTED	4-5 Months	Thaw in freezer wrappings at room temperature; layers will thaw in 1-1½ hours; loaf cakes, a little longer. In an emergency, thaw cakes in freezer wrappings in 250° oven 15-20 minutes.
BAKED FROSTED	4-5 Months	Thaw in freezer wrappings at room temperature. To cut time by ⅓, place package in front of electric fan; do not remove or loosen wrappings. Never try to thaw a frosted cake in the oven.
FRUIT CAKE	1 year	Thaw in freezer wrappings at room temperature. Allow 1 hour thawing time per pound of cake.
UNBAKED CAKE BATTER	2 weeks	Thaw in wrappings at room temperature until batter is soft but not completely thawed. About 1 hour. Remove wrappings, bake as usual.

COOKIES

Frozen baked or unbaked, cookies from your freezer have the exact same flavor and texture as freshly baked cookies. If your freezer is crowded, you'll probably prefer to freeze unbaked cookie dough—it takes less freezer space and needs no special handling to prevent breakage. On the other hand, cookies baked before freezing are ready to eat within minutes upon removal from the freezer. Either way, cookies freeze superbly.

▶ BAKED COOKIES

Bake and cool completely. It is best to store baked cookies in containers (bakery cartons, cans, etc.) which will give them protection against the handling and bumping they may get in the freezer. Protect cookies by wrapping with layers of crumpled pieces of waxed paper. Separate layers of soft cookies with double thicknesses of waxed paper. Be sure metal containers have tight-fitting lids; give cardboard cartons an overwrap of foil or polyethylene.

▶ UNBAKED COOKIE DOUGH

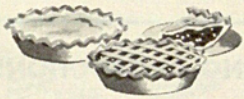
Drop cookie dough may be packed in bulk in any air-tight freezer container; when ready to bake you need thaw dough only until it is soft enough to let you break off pieces. Or, you can drop dough by teaspoonsful onto cookie sheet ¼" apart, quick-freeze for 1 hour, then pack into containers using double thicknesses of waxed paper to separate the layers. This method eliminates thawing time; the frozen drop cookies can be placed in the oven immediately.

Shape refrigerator cookie dough, wrap in foil or polyethylene bag and freeze. When ready to bake, simply slice off as many cookies as you wish from the frozen dough and return balance of dough to freezer. The cut cookies can be put to bake immediately.

Rolled cookies should be rolled and cut for baking before freezing. Pack with two sheets of waxed paper separating each layer. These, too, can go from your freezer into the oven without thawing.

COOKIE STORAGE TIME AND THAWING INSTRUCTIONS

TYPE OF COOKIES	STORAGE TIME	THAWING AND SERVING
BAKED COOKIES	12 Months	Thaw in freezer wrappings at room temperature 15-30 minutes depending on thickness of the cookies and number packed in each container.
UNBAKED COOKIE DOUGH	6-8 Months	Thaw in freezer wrappings at room temperature until dough can be handled (see "unbaked cookie dough" above for additional instructions; most cookie doughs need little thawing before baking); place on greased cookie sheet, bake as usual.
BAKED BROWNIES (and other bar-type cookies)	12 Months	Thaw in wrappings at room temperature 30-45 minutes.



PIES AND PASTRY

Pies and pastries freeze well, either baked or unbaked. You may find that pies frozen unbaked have a slightly better flavor and more flaky crusts than pies that are baked before freezing. In either case, use only the finest of ingredients, especially shortening.

Two-crust pies with fillings of fruit or berries are the easiest to freeze and, as a rule, freeze the best. Single-crust fruit or berry pies are best frozen after baking because they are easier to handle and wrap. Use apples only in two-crust pies. (Some fruit and berry pies require extra thickening to keep them from becoming runny; 1 extra tablespoon of flour or tapioca mixed with the sugar should do.)

▶ BAKED PIES

Bake and cool. Wrap in foil or polyethylene bags and freeze. Baked pies can be wrapped for freezing whole or in slices, ready for lunch boxes.

▶ UNBAKED PIES

Prepare as usual. Do not cut openings in top of two-crust pie. Wrap and freeze immediately. One-crust pies and tarts are easier to wrap if quick-frozen for an hour or two before wrapping. Chill chiffon pies in your refrigerator until well set before wrapping and freezing.

▶ PUMPKIN, SWEET POTATO AND SQUASH PIES

These are best frozen unbaked. Either freeze the entire pie, unbaked, or mix up two or three quarts of filling (omitting the cloves which become very strong during long-time storage) and freeze in 1-pie quantities for use in frozen or fresh pie shells.

▶ MERINGUE PIES

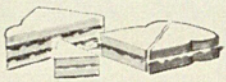
The best way to freeze pies such as lemon meringue is to freeze separately the unbaked pie shell, cooked filling and unwhipped egg whites for the meringue. (The egg whites will be left from the filling.) Then, later, when the pie shell is baking, thaw the filling and the egg whites, put your pie together and brown in a hot oven.

▶ PIE SHELLS

Freeze either baked or unbaked—shaped or in flat circles. Shaped baked or unbaked pie shells should be quick-frozen before wrapping, then stacked together with crumpled waxed paper between. Unshaped pastry circles should be separated by double thicknesses of waxed paper between the layers and placed on heavy cardboard for support. Wrap in foil or slip into polyethylene bags.

PIE AND PASTRY STORAGE TIME AND THAWING INSTRUCTIONS

KIND	STORAGE TIME	THAWING AND SERVING
BAKED PIES	2 Months	Let stand in freezer wrappings at room temperature 30 minutes. Remove wrappings, heat in 350° oven 30 minutes. Frozen baked pies taste better served warm.
UNBAKED PIES	3 Months	Remove wrappings, cut air vents in top of two-crust pies. Place in 450° oven 15 minutes; lower heat to 350° and bake 35-40 minutes longer, or until done.
PUMPKIN SWEET POTATO & SQUASH PIES (unbaked)	3 Months	Remove freezer wrappings, place in 450° oven 15 minutes; lower heat to 350° and bake an additional 40-45 minutes.
FILLING (frozen without cloves)	16 Months	Let filling thaw partially at room temperature in container. Add clove spice if desired, and pour into unbaked pie shell. Bake in 450° oven 15 minutes; lower heat to 350° and bake an additional 30-35 minutes.
CHIFFON PIES	2 Months	Thaw in freezer wrappings at room temperature 20-30 minutes.
PIE SHELLS	6 Months	Baked pie shells will thaw in ½ hour. Unbaked pie shells need no thawing and can be baked just as freshly made shells. Thaw pastry circles until they can be formed in pie pan; bake as usual.
CREAM PUFFS AND ECLAIRS (unfilled)	3 Months	Thaw unfilled cream puffs and eclairs in freezer wrappings 15-20 minutes; fill and serve.
(filled)	1 Month	Use only ice cream for filling. (Cream fillings do not freeze satisfactorily.) No thawing required.



SANDWICHES AND CANAPES

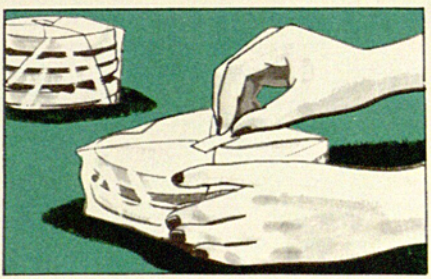
For picnics, parties, church and school teas—sandwiches and canapes of all kinds can be prepared and frozen ahead. Nutritious lunches can be packed and frozen to take care of needs for 2 or 3. Pack a supply of sandwiches whenever it's convenient, they're bound to come in handy!

HOW TO MAKE SANDWICHES FOR FREEZING

Use bread of any kind for sandwiches—and fillings of almost any kind. (Certain fillings such as jelly and mayonnaise soak into bread; use them sparingly. Egg whites become tough.) Luncheon meat, left-over pork or beef roast, ham, chicken, turkey, tuna, salmon, cheese, cheese spreads, peanut butter all make good fillings. Use them separately, in combinations with one another, or chopped or ground with cream cheese or salad dressing (small amount). Add sliced or chopped olives, dill or sweet pickles if you wish. There really is no end to the variety of sandwich fillings which freeze—experiment with your family's favorite sandwich combinations.

Fresh celery, lettuce, carrots and sliced tomatoes may be added after sandwich is removed from the freezer.

Spread each slice of bread way out to the edge with softened butter to prevent the filling from soaking into the bread. Fill, wrap and seal. Package sandwiches singly or in pairs using foil or polyethylene bags. And if you freeze a variety, label the package.



HOW TO MAKE CANAPES FOR FREEZING

Make pinwheel, rolled, ribbon, loaf canapes and fancy open-face sandwiches for your own parties, for weddings, for church or school functions. Cream cheese, which is the basic ingredient of so many of these more fancy-type sandwiches, freezes wonderfully. The rules for fillings are the same as above. Cut canapes can be easily arranged on a piece of cardboard or a cookie sheet for storage in your freezer; use double thickness of waxed paper to separate the layers. Slip into polyethylene bags or wrap in foil.

SANDWICH STORAGE TIME AND THAWING INSTRUCTIONS

KIND	STORAGE TIME	THAWING AND SERVING
SANDWICHES	3-4 Weeks	Thaw in freezer wrappings at room temperature 3-4 hours. Sandwiches can be taken from the freezer in the morning (as well as pie, cake, cookies, sauce) and packed in the lunch box—they'll be thawed and ready to eat by lunchtime.
CANAPES	3-4 Weeks	Because of their small size, canapes defrost quickly; leave them wrapped to thaw in your refrigerator 2 hours before serving.

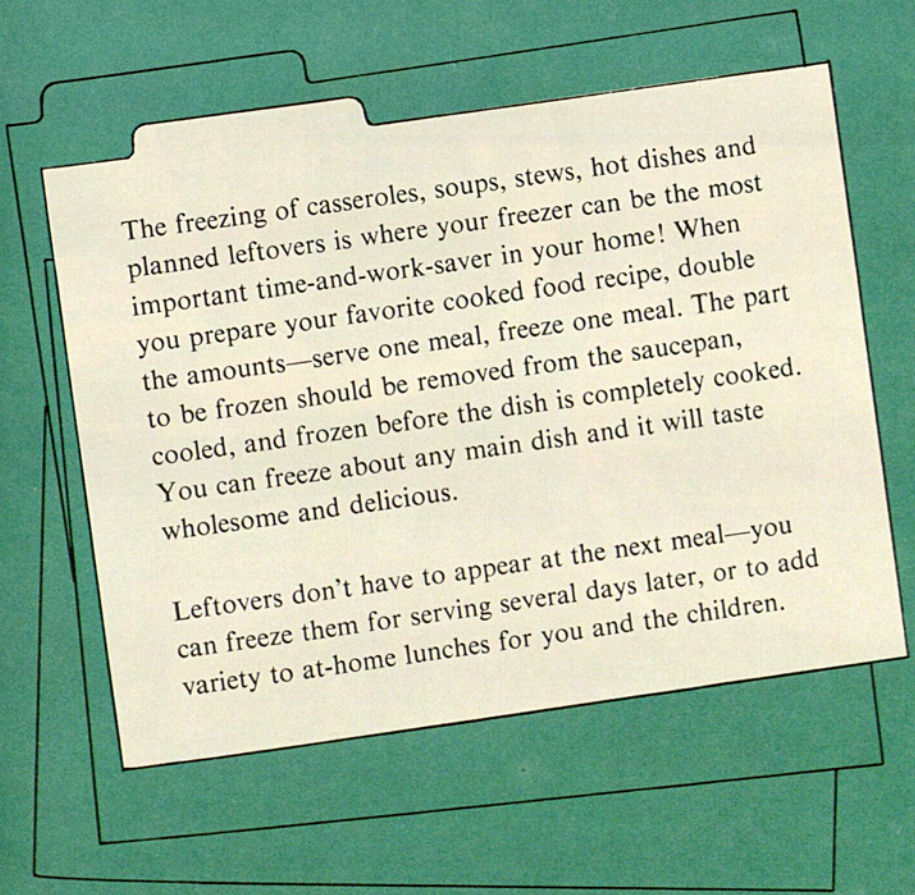
BONUS FREEZER TIPS

In addition to the foods specifically mentioned in this book, you'll find many other ways in which your freezer can serve you. Here are just a few:

- Freeze nutmeats and coconut for baking.
- In advance of parties, use your refrigerator trays to make ice cubes; store them in plastic bags in your freezer.
- Package and freeze bread crumbs, cubes and croutons. Also ready mixed breadings, most candies. Keep crackers, potato chips, pretzels and other snack foods crisp in your freezer; put in polyethylene bag, seal and freeze. In warm weather, put sprinkled clothes in your freezer to prevent mildewing.
- Jam holds its color in freezer.

Time saving Heat 'n Serve

COMBINATION DISHES AND LEFTOVERS



The freezing of casseroles, soups, stews, hot dishes and planned leftovers is where your freezer can be the most important time-and-work-saver in your home! When you prepare your favorite cooked food recipe, double the amounts—serve one meal, freeze one meal. The part to be frozen should be removed from the saucepan, cooled, and frozen before the dish is completely cooked. You can freeze about any main dish and it will taste wholesome and delicious.

Leftovers don't have to appear at the next meal—you can freeze them for serving several days later, or to add variety to at-home lunches for you and the children.

How to prepare Cooked Foods for freezing

Prepare foods in the usual way, but shorten the cooking time by 10-15 minutes; the food will finish cooking during the thawing and reheating process. When preparing dishes containing pork it is important to use pork within 3 days after slaughter if you want to store the food for more than a few weeks.

Cooked foods should be cooled as quickly as possible to prevent bacterial growth. Set the cooking utensil or filled freezer containers in cold running water or in water with ice cubes to cool the food; freeze immediately.

Skim off as much excess fat as possible from soups, stews, gravies.

Salt cooked foods for freezing lightly, or omit altogether until serving time, particularly in dishes using meat. Use other spices and herbs sparingly —they, too, can be added or strengthened to taste during reheating. Many spices react differently to freezing: Cloves, black pepper and garlic become stronger—onions lose flavor—nutmeg, cinnamon and sage remain about the same.

When you package cooked foods, keep in mind that small amounts and foods in flat, block-shaped containers will cool, freeze and reheat far more rapidly than large amounts or thick blocks.

FOODS NOT TO FREEZE

- Cream fillings and puddings
- Gelatin salads and desserts, unless whipped. Mousse freezes well.
- Mayonnaise
- Custards
- Salad greens
- Boiled potatoes (as used in salad, stews, soups)
- Garnishes
- Whites of hard-cooked eggs

There are also some foods which, while they freeze well, constitute a waste of freezer space because they can be cooked fresh faster than they can be reheated—cooked fish and seafood are examples. And if your freezer is crowded, you'll want to freeze sauces for macaroni or spaghetti dishes separately and cook the macaroni while the sauce reheats. It's entirely up to you; experiment and see which method suits your needs best.

Directions for freezing Cooked Foods

Following are some of the cooked foods which freeze well. You will find many more, so do experiment freezing with all your favorite cooked dishes, keeping in mind the preceding tips.

▶ **A LA KING DISHES**—Prepare chicken, turkey and other a la king dishes as usual. Cool quickly in cold water (keeping utensil covered to prevent contamination), package and freeze immediately.

▶ **BAKED BEANS**—Prepare as usual; if you use pork, be sure it is strictly fresh. Cool in covered container. Package and freeze.

▶ **CHILI CON CARNE**—Use your favorite recipe, cool and freeze immediately.

▶ **CHOP SUEY, CHOW MEIN**—Prepare as usual, shortening cooking time by 10-15 minutes. Cool quickly in cold water, package and freeze immediately.

▶ **GRAVIES AND THICKENED SAUCES**—Prepare, using fat sparingly. Cool. Pack in meal- or recipe-sized quantities. Freeze.

▶ **HASH**—Make as usual from cooked meats, cool and package. Hash may also be used to stuff green peppers for freezing.

▶ **LEFTOVERS**—Cool and wrap in foil or polyethylene bags, or put in freezer containers. Meats, poultry and vegetables which have been frozen fresh then cooked may be frozen as leftovers; canned fruits may also be frozen in their syrup on occasions when a can contains too much fruit to be used immediately. Leftover meats may be sliced or chopped for sandwiches and other uses.

▶ **MACARONI, SPAGHETTI AND RICE DISHES**—Prepare as usual, undercooking macaroni, spaghetti and rice (they will finish cooking during reheating.) Casseroles may be frozen in their baking dishes; when frozen, remove block of frozen food from original baking dish. To save freezer space, you may prefer to freeze only the sauce and cook the macaroni, spaghetti or rice while the sauce heats.

▶ **MEAT AND POULTRY PIES**—Prepare individual chicken or meat pies as usual, omitting potatoes; place crust only on top of pie; freeze either before or after baking.

▶ **MEAT DISHES**—Prepare as usual, covering the meats well with sauce. Meat balls, meat loaf, veal birds, lamb curry, Swiss steak, veal fricassee all freeze well. Cool immediately and as quickly as possible before freezing.

▶ **NEWBURGS AND THERMIDORS**—Crab, shrimp, lobster, etc. Prepare as usual, cool quickly in covered utensil. Package and freeze immediately.

▶ **POTATOES – white**—*French Fries:* Cut in thin strips, fry, but do not cook completely, drain off excess fat. Cool and freeze. When ready to serve, spread in single layer on baking sheet and heat 15 minutes without previous thawing in 400° oven.

Stuffed Baked: Remove freshly baked potato from skin, mash (adding cream, butter and seasoning), pile lightly back into shells, cool, package and freeze.

Whipped: Cool leftover or freshly mashed potatoes, pack lightly into containers and freeze.

▶ **POTATOES – sweet**—Prepare candied or mashed sweet potatoes and yams as usual. Cool, package and freeze.

▶ **SAUCES**—Make your favorite spaghetti or barbecue sauce, cool and package in meal-or-recipe-size quantities. Freeze. Storage time will vary, depending on the amount and kind of herbs and spices used.

▶ **SOUPS AND STEWS**—Prepare as usual, omitting potatoes. Undercook vegetables to allow for further cooking during the reheating process. Soup stock may be frozen also. Cool, pour into containers and freeze.

▶ **STUFFINGS**—Use your favorite stuffing recipe; cool, package and freeze.

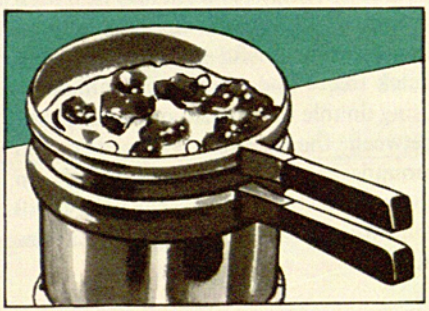
STORAGE TIME will vary, depending on the amount and kind of herbs and seasonings used.

STORAGE TIME FOR FROZEN COOKED FOODS

KIND OF FOOD	STORAGE TIME	KIND OF FOOD	STORAGE TIME
a la King dishes	4 mos.	Newburgs, Thermidors	2-4 wks.
Baked Beans	6 mos.	Potatoes	4-5 mos.
Chili Con Carne	1½-2 mos.	Sauces (for spaghetti, barbecue, etc.)	1-2 mos.
Chop Suey, Chow Mein	3 mos.	Soups	2 mos.
Gravies, thickened sauces, (white sauce, cheese sauce, etc.)	3 mos.	Stews	4-5 mos.
Hash	3 mos.	Stuffings	1-2 mos.
Leftovers	2-3 wks.	Wieners (except skinless)	2-3 mos.
Macaroni, spaghetti & rice dishes	2-4 wks.	NOTE: DO NOT ATTEMPT TO RE-FREEZE FROZEN COOKED FOODS.	
Meat Pies	3-4 mos.		
Poultry Pies	2-3 mos.		

THAWING AND HEATING COOKED FOODS

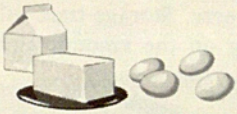
Most pre-cooked foods need reheating or completion of cooking. (Some, like baked apples, fried chicken, sliced roast may be served thawed, unheated.) It is best to reheat cooked foods *without previous thawing.*



Use a double boiler to thaw and reheat foods on the top of your range. Place foods to be reheated in the broiler further from the source of heat than you would unfrozen foods.

The time required for reheating will vary, naturally, according to the amount of food and the shape in which it was frozen. Experiment and judge reheating times according to the containers you use. As a guide, foods frozen in custard cup-sized amounts will heat in ¾ hour in a 375° oven; foods frozen in containers 8½ x 8½ x 2″ will heat in 1½ hours at 375° oven; foods frozen in 1½ quart round casseroles will need about 2 hours to reheat at 375°.

DAIRY FOODS



The preparation of dairy foods for freezing is easy—and it's economical to freeze them at times when supplies are plentiful.

▶ BUTTER

For best results, freeze only butter made from pasteurized sweet cream. Butter made from unpasteurized sweet or sour cream turns rancid rapidly.

If you make your own butter: Pasteurize cream in top half of double boiler by heating to 145° for 30 minutes; cool rapidly. Add salt if butter is to be used within 4 months. Wrap prints of butter in foil or polyethylene; freeze.

If you buy commercial butter: Give each package or carton an over-wrap of foil or polyethylene. Buy *freshly made* butter.

▶ CREAM

Sweet, pasteurized cream with high butterfat content (40-60%) may be frozen for use in ice cream or cooking. Pour in containers, leaving head room for expansion; freeze.

Sweetened whipped cream may be frozen in mounds for quick dessert toppings. Drop by spoonsful on baking sheet, quick freeze and package in containers using double thicknesses of waxed paper between the layers. Whipped cream mounds can be placed, unthawed, on shortcake, cobbler, pie, etc.; they will thaw to desired consistency in a few minutes.

▶ ICE CREAM

If you make your own ice cream: Use recipes which call for a high percentage of cream. Use pasteurized cream. Make as usual, pack in freezer containers; freeze.

If you buy commercial ice cream: Repackage the ice cream in freezer containers for longer storage. If you buy ice cream in amounts that will be used within 2-3 weeks, you may leave it in its original containers.

▶ CHEESE

Wrap small quantities (serving-or-recipe-sized amounts) of hard cheese (such as cheddar) or semi-hard brick cheese in foil or polytheylene. Use within a few days after thawing. Expect some crumbliness to develop after freezing. Uncreamed cottage cheese made from pasteurized cream may be frozen, too.

▶ EGGS

Eggs may be frozen any way you like—whole, yolks, or whites. Freeze them in amounts needed for specific cooking needs. For instance, freeze in one container enough egg whites for your angel food cake recipe; in another container, enough egg yolks for mayonnaise, etc. Label each container showing kind of eggs, amount and use intended.

To freeze whole eggs: Use clean, fresh eggs; wash shells before breaking, if necessary. Break and mix yolks and whites together with a fork as gently as possible in order not to beat in air. If the eggs are to be used for cakes or other baking, mix in 1 tablespoon sugar or corn syrup per pint of egg. If the eggs are to be used in soufflés, custards, omelets or to be scrambled, allow 1 teaspoon salt per pint of egg. This will prevent the eggs from becoming gummy when thawed.

To freeze egg yolks: Beat gently to mix; add sugar, corn syrup or salt as directed for whole eggs. Strain through wire sieve. Pour in container; freeze.

To freeze egg whites: Separate from yolks, package and freeze.

DAIRY FOOD STORAGE TIME AND THAWING

KIND	STORAGE TIME	THAWING
Butter (salted, unsalted)	6-9 mos.	Thaw in unopened freezer wrappings in refrigerator. 1 lb. will thaw in 4½-5 hrs. Unsalted butter does not keep long after thawing.
Oleomargarine	12-18 mos.	
Cheese (cheddar types)	6-8 mos.	Thaw in unopened freezer wrappings in refrigerator. ½ lb. of hard-type cheese will thaw in 6½ hours; 12 ounces of uncreamed cottage cheese, in 48 hours.
(cottage)	4 mos.	
Cream	3-4 mos.	Thaw in unopened container in refrigerator overnight.
Eggs (whole and egg yolks)	8 mos.	Thaw in unopened freezer container in refrigerator, not at room temperature.
(egg whites)	11 mos.	A 1 pint container will thaw in the refrigerator in 22-24 hours; at room temperature, in 5-6 hours. You can hasten thawing by placing water tight container in pan of cool water; 1 pint will thaw in 2½-3 hours.
Ice Cream (packed in freezer containers)	2-3 mos.	Ice cream will be easier to scoop if container sits at room temperature a short while before serving.

INDEX

BAKED GOODS 29-28
Bread 30, 31
Butter 44, 45
Cakes 32, 33
Canapes 38
Cheese 44, 45
COOKED FOODS 41-44
Preparation 41, 42
Storage 43
Thawing 43, 44
Cookies 34
Cream 44, 45
DAIRY FOODS 44, 45
Discoloration Control for Fruits 14
Doughs, yeast 30
Eggs 44, 45
FISH AND SEAFOODS 21, 27, 28
Preparation 27
Storage 27
Thawing 28
Cooking 28
Freezer Fold 21
Freezer Management 1
FRUITS 12-19
Packing 13
Preparation 13-17
Thawing 19
How to Use 18, 19

INDEX

Fruit Juices 18
Game 28
Hot Dishes 41-43
Ice Cream 44
Leftovers 39

MEATS 20-25
- Preparation 22
- Storage 23
- Thawing 24
- Cooking 23-25

Packaging Materials 2
Pies and Pastry 35, 36

POULTRY 22, 25, 26
- Preparation 25, 26
- Storage Times 26
- Thawing 26

Quick Breads 31, 32
Refreezing 3
Rolls 30, 31
Sandwiches 38
Sugar and Syrup Packs for Fruit 14
Temperatures for Freezing, Storage 3
Utensils Needed for Freezing 1

VEGETABLES 5-11
- Preparation 5, 6
- Cooking 10, 11
- Scalding 5

Spoon
Campbell's
MORTON
WAG
Pet Rits

You're on your way to Better Living—with your new home freezer.

We hope this booklet has given you many helpful ideas for using your food freezer to fullest advantage. Of course, you will want to adapt use of your freezer to the needs and desires of your own family. Stocked with foods you and your family enjoy most, you will truly have a "supermarket" right in your own home.